

WELLNESS POLICY QUESTIONNAIRE AND GOAL ASSESSMENT

Principal/Designee will complete annually and submit to Wellness Chair by MAY 31 each year.

Nutrition Education:

1. Was nutrition information included in the curriculum consistent with state and federal guidelines? ☐ YES ☐ NO
2. Was behavior practiced enhancing health and/or reduce health risk? ☐ YES ☐ NO
3. Was nutrition information provided system-wide through various means? Examples: websites, newsletters, public announcements, activities, bulletin boards, student handbook, posters, wellness clubs, wellness fairs and/or staff development workshops. ☐ YES ☐ NO

Physical Activity:

1. Did all students regularly participate in age-appropriate health and physical fitness activities? ☐ YES ☐ NO
2. Were federal and state physical education requirements met during this past year? ☐ YES ☐ NO
3. Is physical wellness deemed as important as academic wellness in your school? ☐ YES ☐ NO
4. Does the physical education program stress healthy lifestyle choices and fitness for life activities? ☐ YES ☐ NO
5. Did each school conduct an annual fitness assessment program, as approved and funded by the State Board of Education? ☐ YES ☐ NO

Other School Based Activities:

1. Did the health and wellness committee collaborate with other school staff to promote a healthy school environment? ☐ YES ☐ NO
2. Did the committee meet at least twice this year? ☐ YES ☐ NO
3. Did the health and wellness committee promote health and wellness awareness to staff, students, and families? ☐ YES ☐ NO
4. Did the school learning community cultivate a climate of wellness? ☐ YES ☐ NO
5. Does our school, grounds, and equipment support personal health and safety? ☐ YES ☐ NO

Nutrition Guidelines:

1. Do all foods made available on the school campus comply with the Federal Smart Snack regulations and Local Wellness Policy? ☐ YES ☐ NO
2. Did fundraisers comply with the Federal Smart Snack regulations and Local Wellness Policy? ☐ YES ☐ NO
3. Were there any fundraising programs this past year that promoted physical activity? ☐ YES ☐ NO
4. Did all foods available on the school campus adhere to food safety standards? ☐ YES ☐ NO

School Nutrition Program Guidelines for Reimbursable School Meals:

1. Were students with special dietary needs accommodated according to USDA guidelines?
☒ YES ☐ NO
2. Did production records provide evidence that federal guidelines are being met for all reimbursable school meals? ☒ YES ☐ NO

What success did you see?

- District-wide involvement and participation in the Smart Snack initiative.
- Greater participation within school cafeterias from students and teachers/staff members
- District-wide participation in physical education goals

What are the barriers to meeting goals?

- The biggest barrier has been the availability of food products. Even as things shift back to pre-COVID processes, we still struggle to get quality food products within a reasonable budget.

What resources do you need to meet target or maintain improvement?

- Better availability of products so we can continue to give our students healthy options.